

SR.	Name of Faculty	Himani Sharma	
No.	Trade	Mechanical and Electrical Engineering	
	Semester	4th	
	Subject	Essence of Indian Knowledge and Tradition	
	Lesson Plan for the Duration	8Feb,2024 to 1 st June,2024	
	Week	Topic to be covered	Details of Contents
1	1 st (8Feb – 15Feb)	Himachal Pradesh	Introduction and Function of Indian Knowledge System (IKS)
2	2 nd (16Feb- 22Feb)	Indian Knowledge System	The Basic Structure of Indian Knowledge System(IKS) (only Introduction) 1. The 4 Vedas, Namly ऋग्वेद (Rigveda) ,यजुर्वेद (Yajurveda), सामवेद (Samaveda) , अथर्ववेद (Atharvaveda).
3	3 rd (23Feb- 1March)	Indian Knowledge System	The 4 UpVedas, Namely आयुर्वेद (Ayurveda (health-care)), धनुर्वेद (Dhanurveda (archery)), गंधर्ववेद (Gandharva-veda (dance, music etc.)) and स्थापत्यवेद (Sthapatyaveda (architecture)).
4	4 th (2 nd March-11March)	Indian Knowledge System	The 6 Vedagangs, namely Shiksha (शिक्षा), Kalpa (कल्प), Vyakarana (व्याकरण), Chhandas छंदस, Nirukta (निरुक्त), and Jyotisha(ज्योतिष)
5	5 th (12March – 18March)	Indian Knowledge System	Dharmashatra धर्मशास्त्र (Manusmriti मुस्मृत, Yajnavalkya-smriti याज्ञवल्क्य, स्मृत etc.).6 Darshan दशवि (आस्तक तथा िास्तक) 7. Nyaya न्याय (Logic तर्कशास्त्र and Epistemology ज्ञािमीमांसा).
6	6 th (19March- 26March)	Modern Science	Modern science: Introduction, Characteristics, importance and Example • Difference between modern Science and Indian knowledge system • Role of IKS in modern science
7	7 th (27March- 3April)	Traditional Knowledge	Traditional knowledge: Definition, nature, characteristics, scope and importance • Indigenous Knowledge (IK): characteristics • Traditional knowledge vis-a-vis Indigenous knowledge • Traditional knowledge Vs western knowledge • The need for protecting traditional knowledge
8	8 th (4April-10April)	Yoga and Holistic Health Care	Yoga: Meaning and Importance of Yoga • Yoga and physical health, Yoga and psychological health, Yoga and intellectual health, Yoga and spiritual health, Yoga and social approach. • Introduction to Ashtanga Yoga, Yogic Kriyas (Shat Karma) • Pranayama and its types; Active lifestyle and stress management through Yoga
9	9 th (12April – 22April)	Yoga and Holistic Health Care	Physical Fitness, Health and wellness: Meaning and Importance of Wellness, • Components of Wellness, Health and physical Fitness; •
10	10 th (23April- 29April)	Yoga and Holistic Health Care	Traditional sports & Regional Games for promoting wellness: • Leadership through Physical Activity and Sports; Introduction to First Aid.
11	11 th (30April- 6May)	Himachal Pradesh	History, Culture, Heritage/ Tradition, Customs & Manners,
12	12 th (7May-15May)	Himachal Pradesh	• Regional Knowledge, Geographical Features, Constitutional History
13	13 th (16May-22May)	Himachal Pradesh	• Tourism Place & Scope • Festivals and Fairs
14	14 th (24May- 30May)	Himachal Pradesh	• Festivals and Fairs
15	15 th (31May- 1June)	Revision and Doubt clearance	Revision and Doubt clearance

Himani
Signature of Teacher

Himani Sharma

Sharma
HOD

Mechanical Engg.